


# April 2024 ~ Activities Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p><b>April Fool's Day</b></p> <p>10:00am Bridge Lesson Refresher SS 11:00am Excursion Committee LR 12:30pm Duplicate Bridge SS 1:00pm Mahjong LR 1:00pm Resident Council 4:00pm "Hadyñ—His Life and Music" DVD Series BT 6:30pm DVD: Opera BT "Turandot" by Puccini</p>	<p>2</p> <p>8:00am Beach Walk 10:00am Fallbrook Art Center Skipper Trip 10:00 F&amp;B Committee 10:00am Ukulele #1 / 11:00 #2 HeR 1:00 Group Board Games LT 1:00pm Ceramics AC 2:00pm "Fashion Follies" with resident Richard Butcher CH</p>	<p>3</p> <p>10:00 Hospitality Committee FB 10:00 Health Center Committee SS 12:30pm Duplicate Bridge SS 1:00pm Busy Needles LT 6:00pm Couples Bridge LR</p>	<p>4</p> <p>8:00am Beach Walk 10:00 Glen Tidings Committee BR 10:30 FUNdamentals Bridge Lesson LR 12:30 FUNdamentals Bridge LR 1:00 Group Board Games LT 2:00pm "Restorative Rest" with Dana Simms, The Key CH 4:00pm Book Club LR</p>	<p>5</p> <p>10:00am Bridge Lesson "Thinking" LR 11:00 Osher lecture BT "Detecting Deception: Reading People and Judging Credibility" 12:30pm Duplicate Bridge LR 1:00 Glenaires Choir CH</p>	<p>6</p> <p>9:30am DVD Series: "History of the Supreme Court" BT 10:30 Putting Contest Lakeside 1:30pm Canasta 1:30pm Watercolor Group CAS 3:00pm Pianist David Saliamonas CH</p>
<p>7</p> <p>9:00am Tennis Social Play 1:00 Group Board Games LT 2:00 Open Social Pickle Ball 4:00 Bingo LR</p>	<p>8</p> <p>9:00am Activities Committee BR 10:00am Let's Chat LR 10:00am Bridge Lesson Refresher SS 12:30pm Duplicate Bridge SS 1:00pm Mahjong LR 1:30pm Finance Committee FC 4:00pm "Hadyñ—His Life and Music" DVD Series BT</p>	<p>9</p> <p>8:00am Beach Walk 9:00 Plant Ops Tour 10:00am Balboa Park/Zoo/Fashion Valley Mall Skipper Trip 10:00am Ukulele #1 / 11:00 #2 HeR 10:00 Creative Events Committee FB 1:00 Group Board Games LT 1:00pm Ceramics AC 2:00pm Tech Talk "GPS Development" with resident Wayne Jones CH</p>	<p>10</p> <p>10:00am Safety Committee FB 12:30pm Duplicate Bridge SS 1:00pm Busy Needles LT 2:00 Poetry Circle Glenbrook</p>	<p>11</p> <p>8:00am Lagoon Walk 10:00 Tech Help Committee 10:00 Glen Tidings Committee BR 10:30 FUNdamentals Bridge Lesson LR 12:30 FUNdamentals Bridge LR 1:00 Group Board Games LT 1:30pm Readers Theater SS 3:30pm TOWN HALL CH &amp; Channel 4/1390 6:30pm "The 39 Steps" at New Village Arts Theatre</p>	<p>12</p> <p>10:00am Bridge Lesson "Thinking" LR 12:30pm Duplicate Bridge LR 1:00 Glenaires Choir CH 5:30pm Lang Lang Plays Saint-Saens w/SD Symphony at Rady Shell</p>	<p>13</p> <p>9:30am DVD Series: "History of the Supreme Court" BT 10:30 Putting Contest Lakeside 1:30pm Canasta 1:30pm Watercolor Group CAS 3:00pm The Buckleys CH</p>
<p>14</p> <p>9:00am Tennis Social Play 1:00 Group Board Games LT 2:00 Open Social Pickle Ball</p>	<p>15</p> <p>9:00am—2:00pm Blood Drive 9:00am + 11:00am Art Class NEW CAS 10:00am The Flower Fields at Carlsbad Skipper Trip 10:00am Library Committee LR 10:00am Bridge Lesson Refresher SS 12:30pm Duplicate Bridge SS 1:00pm Mahjong LR 2:15pm Fitness Committee FS 4:00pm NEW: "The National Gallery: London" DVD Series BT</p>	<p>16</p> <p>8:00am Beach Walk 9:00am—12:45 Computer Classes CL 9:00am Art Class NEW SESSION CAS 10:00am Ukulele #1 / 11:00 #2 HeR 1:00 Group Board Games LT 1:00pm Ceramics AC 3:00pm Scripps "Vertigo and Vestibular Issues" with Ira Keefer, PT and Francesca Mainiero, PT CH</p>	<p>17</p> <p>9:00 Plant Ops Committee FB 11:30am Great Decisions DVD BT 12:30pm Duplicate Bridge SS 1:00pm Busy Needles LT 1:30pm Floor/Villa Reps LR 6:00pm Couples Bridge SS</p>	<p>18</p> <p>8:00am Beach Walk 10:00 Glen Tidings Committee BR 10:30 FUNdamentals Bridge Lesson LR 12:30 FUNdamentals Bridge LR 1:00 Group Board Games LT 4:00pm Great Decisions Discussion Group LR 7:00pm Dueling Pianos CH</p>	<p>19</p> <p>No Fitness Classes CH 9:00-12:45 Computer Classes CL 10:00am Bridge Lesson "Thinking" LR 11:00am Osher lecture BT "Winning Them Over: Effective Communication w/Difficult People" 12:30pm Duplicate Bridge LR 1:00 Glenaires Choir CH 2:00 April B-day Party—Fairway Terrace</p>	<p>20</p> <p>9:30am DVD Series: "History of the Supreme Court" BT 10:45am Pitch and Putt The Links at Fairway 1:30pm Canasta 1:30pm Watercolor Group CAS 7:00-8:30pm Line Dance Night with Clay Colton Duo CH</p>
<p>21</p> <p>9:00am Tennis Social Play 1:00 Group Board Games LT 2:00 Open Social Pickle Ball</p>	<p>22</p> <p>9:00am + 11:00am Art Class CAS 10:00am Bridge Lesson Refresher SS 12:30pm Duplicate Bridge SS 1:00pm Mahjong LR 4:00pm "The National Gallery: London" DVD Series BT</p> <p>Passover Begins at sundown</p>	<p>23</p> <p>8:00am Beach Walk 9:00am—12:45 Computer Classes CL 9:00 Art Class CAS 10:00am Ukulele #1 / 11:00 #2 HeR 1:00 Group Board Games LT 1:00pm Ceramics AC 4:00pm Seder Dinner Monterey</p> 	<p>24</p> <p>10:00am Let's Chat SS 11:00am Travel Club BT 12:30pm Duplicate Bridge SS 12:00pm "La Rodine" Met Opera Live at San Marcos Movie Theatre 1:00pm Busy Needles LT</p>	<p>25</p> <p>8:00am Beach Walk 10:00 Glen Tidings Committee BR 10:30 FUNdamentals Bridge Lesson LR 12:30 FUNdamentals Bridge LR 1:00 Group Board Games LT 1:30pm Readers Theater SS</p>	<p>26</p> <p>9:00-12:45 Computer Classes CL 10:00am Bridge Lesson "Thinking" LR 11:00am Health &amp; Wellness Lecture Series with HealthPro Heritage BT 11:30am Art Alive at San Diego Museum of Art 12:30pm Duplicate Bridge LR 1:00 Glenaires Choir CH</p>	<p>27</p> <p>9:30am DVD Series: "History of the Supreme Court" BT 10:30 Putting Contest Lakeside 1:30pm Canasta 1:30pm Watercolor Group CAS 3:00pm Resident Dianne Deitch CH</p>
<p>28</p> <p>9:00am Tennis Social Play 1:00 Group Board Games LT 2:00 Open Social Pickle Ball 6:30pm DVD: Opera BT "Die Meistersinger" by Wagner (part 1)</p>	<p>29</p> <p>9:00am + 11:00am Art Class CAS 9:30am 90+ Club Meeting LR 11:00am Low Vision Group Her 10:00am Bridge Lesson Refresher SS 12:30pm Duplicate Bridge SS 1:00pm Mahjong LR 4:00pm "The National Gallery: London" DVD Series BT 6:30pm DVD: Opera BT "Die Meistersinger" by Wagner (part 2)</p>	<p>30</p> <p>8:00am Beach Walk 9:00 Art Class CAS 10:00am Barona Casino Skipper Trip 10:00am Ukulele #1 / 11:00 #2 HeR 1:00 Group Board Games LT 1:00pm Ceramics AC 2:00pm "Art History" with resident Richard Butcher CH</p>		<p>Lakeside Clubhouse/Hillside</p> <p>BR—Board Room CH—Catalina Hall CL—Computer Lab CP—Catalina Patio GR—Gardena Room HaR—Hacienda Room HeR—Hermosa Room LI—Lakeside Library LM—La Mesa (Billiards) LP—La Palma Dining LR—Laguna Room LT—Lakeside Terrace</p>	<p>Fairway Clubhouse</p> <p>BT—Brentwood Theatre CAS—Creative Arts Studio FB—Fairway Board Room FS—Capistrano Fitness Studio FT—Fairway Terrace MT—Monterey Dining OJ—Ojai Room PA—Palomar Room PR—Pt. Reyes Room SS—San Simeon Room</p>	<p>Legend:</p> <p>Green = Bridge Pink = DVD lectures Orange = Excursions Blue = Speakers/Performers Yellow = Parties Red = Sports Events Purple = Special event Chocolate = New event</p>

**Lectures:**  
**Tuesday, April 2**  
 "Fashion Follies" with resident Richard Butcher  
 2:00pm Catalina Hall

**Thursday, April 4**  
 "Restorative Rest" with Dana Simms, The Key  
 2:00pm Catalina Hall

**Tuesday, April 8**  
 Tech: "GPS Development" with resident Wayne Jones  
 2:00pm Catalina Hall

**Tuesday, April 16**  
 Scripps: "Vertigo" with Ira Keefer & Francesca Mainiero  
 3:00pm Catalina Hall

**Friday, April 26**  
 Health & Wellness Series with HealthPro Heritage  
 11:00am Brentwood Theatre

**Tuesday, April 30**  
 "Art History" with resident Richard Butcher  
 2:00pm Catalina Hall

**Administrative:**  
**Thursday, April 11, 3:30pm**  
 Town Hall—Catalina Hall

**Monday, April 8, 10:00am LR**  
**Wednesday, April 24, 10:00 SS**  
 Let's Chat with Kristen Kearmaghan

**Performers:**  
**Saturday, April 6**  
 Pianist David Saliamonas  
 3:00pm Catalina Hall

**Saturday, April 13**  
**The Buckleys**  
 3:00pm Catalina Hall

**Thursday, April 18**  
**Dueling Pianos**  
 7:00pm Catalina Hall

**Saturday, April 20**  
**Line Dance with Clay Colton Duo**  
 7:00pm—8:30pm Catalina Hall

**Saturday, April 27**  
**Resident Dianne Deitch**  
 3:00pm Catalina Hall

**Special Events:**  
**Monday, April 15: Blood Drive**  
 9:00am-2:00pm Lakeside

**Tuesday, April 23: Seder Dinner**  
 4:00pm Monterey

# APRIL 2024 FITNESS CALENDAR

LCG Fitness Department x 1443

## Lakeside Classes—Catalina Hall

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:45am <b>Stretch &amp; Strengthen</b> with Corinne	9:00-9:45am <b>Tai Chi Advanced</b> with Matt	9:00-9:45am <b>Stretch &amp; Strengthen</b> with Risa	9:00-9:45am <b>Tai Chi Advanced</b> with Matt	9:00-9:45am <b>Stretch &amp; Strengthen</b> with Barbara
10:00-10:45am <b>Aerobics</b> with Yvonne	10:00-10:45am <b>Stretch &amp; Strengthen</b> with Patti	10:00-10:45am <b>Aerobics</b> with Risa	10:00-10:45am <b>Sit &amp; Be Fit</b> with Risa	10:00-10:45am <b>Zumba Gold</b> with Barbara
11:00-11:45am <b>Balance Training</b> with Risa	11:00-11:45am <b>Stretch &amp; Core on the Floor</b> with Patti	11:00-11:45am <b>Balance Training</b> with Christian	11:00-11:45am <b>Stretch &amp; Core on the Floor</b> with Risa	11:00-11:45am <b>Balance Training</b> with Tracey
1:00-1:45pm <b>Tap Dance</b> with Yvonne		1:00-1:45pm <b>Tap Dance</b> with Yvonne		
1:45-2:15pm <b>Intro-Line</b> with Yvonne		1:45-2:15pm <b>Intro-Line</b> with Yvonne		
2:15-3:00pm <b>Line Dance</b> with Yvonne		2:15-3:00pm <b>Line Dance</b> with Yvonne		

Please call the Fitness Department at x1443 with any fitness questions

Class cancellations this month:

Catalina Hall classes:

Thursday, April 18

Tuesday Beach Walk Suspended— Expected to resume in May

### Scripps Talk

“Vertigo/Vestibular Issues” with Ira Keefer, PT, and Francesca Mainiero, PT  
Tuesday, April 16  
3:00pm Cat Hall

### Saturday

Forum Walk - 7:40am  
Lakeside Clubhouse

Bocce - 10:00am  
Lakeside Courtyard

Saturday Social Co-ed Ping Pong - 2:00pm  
Arts & Crafts Room

Putting Contest  
1st, 2nd & 4th Saturdays  
10:30am  
Lakeside Courtyard



Pitch n' Putt Game  
3rd Saturday  
10:45am  
The Links - Fairway

**Sunday**  
Open Social Tennis  
9:00-11:00am  
Open Social Pickleball  
9:00-11:00am



# April 2024 FITNESS CALENDAR

Fitness Manager Christian Sanchez x 1423

## Fairway Classes - Capistrano Fitness Studio

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:45am <b>Yoga Mat</b> with Ursula	9:00-9:45am <b>Stretch &amp; Strengthen</b> with Corinne	9:00-9:45am <b>Aerobics</b> with Ursula	9:00-9:45am <b>Stretch &amp; Strengthen</b> with Corinne	9:00-9:45am <b>Yoga Mat</b> with Tracey
10:00-10:45am <b>Chair Yoga</b> with Ursula	10:00-10:45am <b>Tai Chi</b> with Matt	10:00-10:45am <b>Yoga Mat</b> with Ursula	10:00-10:45am <b>Tai Chi</b> with Matt	10:00-10:45am <b>Sit &amp; Be Fit</b> with Ursula
11:00-11:45am <b>Sit &amp; Be Fit</b> with Christian	11:00-11:45am <b>Balance Training</b> with Corinne	11:00-11:45am <b>Sit &amp; Be Fit</b> with Corinne	11:00-11:45am <b>Balance Training</b> with Christian	11:00-11:45am <b>Chair Yoga</b> with Ursula
			2-2:30pm <b>Meditation</b> with Ursula	

(Those who use canes, walkers and scooters are welcome to Sit & Be Fit!)



### INDOOR POOL (Hours: 7am to 10pm)

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-9:45am <b>Aqua Ladies</b> with Yvonne		9:00-9:45am <b>Aqua Ladies</b> with Corinne		9:00-9:45am <b>Aqua Ladies</b> with Corinne
1:00-2:00pm <b>Aqua Class</b> Resident Led	1:00-2:00pm <b>Aqua Class</b> Resident Led	1:00-2:00pm <b>Aqua Class</b> Resident Led		1:00-2:00pm <b>Aqua Class</b> Resident Led



Note: Pool Closed for lap swim Mondays, Wednesdays and Fridays during Aqua Classes

For safety and clarity, fitness classes have the following designations. Levels are denoted by colors:

- Level 1** seated or standing, appropriate for everyone.
  - Level 2** seated, standing, or on the floor—a medium levels of stamina, balance and coordination are required.
  - Level 3**—balance & coordination are required, mostly standing, & higher levels of stamina.
- (If you are unsure what level class you join, please call 1443 for a quick assessment.)

**THURSDAY**  
Bocce  
Fairway Courts  
10:00am



### OUTDOOR POOL (Hours: 7am to 10pm)

Pools Open for Lap Swim, Pool Walking and Exercise

Monday	Tuesday	Wednesday	Thursday	Friday
Ping Pong 2:00pm Arts & Crafts Rm. (Lakeside)	Tuesday Beach Walk temporarily suspended	Ping Pong 2:00pm Arts & Craft Rm.	8:00-9:30am Beach Walk/ Lagoon 2nd week (Bus picks up at both clubhouses)	Ping Pong 2:00pm Arts & Crafts Rm.

**TUESDAY**  
Bocce  
Lakeside Courts  
10:00am

